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## LOW GLYCEMIC INDEX BREAD

### Abstract of the Disclosure

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A low glycemic index baked bread product is provided. The baked bread product comprises a wheat flour product, a grain/seed source of soluble fiber, and a processed source of soluble fiber. The bread product has a total soluble fiber content of at least about 0.8 wt.% on a 42% moisture basis and a total beta-glucan content of at least about 0.2 wt.% on a 42% moisture basis.

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